



Power Vinyasa Flow Yoga

New Session to begin 5 March

Instructor: April Mauger

*What to expect:
This is a vigorous
practice that is suitable
for all levels of yoga
experience. This is an
aerobically challenging
class that builds
strength and flexibility.*

**Cost: \$25 for 8 Classes or
\$5 drop in fee;
Pay instructor with exact change.
Class Days- Monday & Wednesday
March 5, 10, 12, 17, 19, 24, 26, 31**

**Time: 0900 to 1000
Place: Ida Lewis A**

**Please make payment at the MWR Office prior to
the first class.**

Please note that unused classes expire the last day of the session.